THE VEGAN VIEW

Essays, Recipes, Recommendations and more!

Vegan Soc

DU Vegan Society Publication 2026

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Index

Why are you vegan? 4
Committee members answer why they choose to be vegan.

Useful Vegan Resources 5
Recipe blogs and general guide websites

What Art Can Do for Animals 6
An essay on animal cruelty in modern art.

On Empowerment and Hope in Veganism 8
An essay asking whether veganism can relieve political despair.

A Guide to Egg-Free Baking 9
A guide discussing common egg replacements in baking.

Recipes 10
Various recipes recommended and written up by committee, from quick dinners to mocktails.

Vegan Media Recommendations 12
Movies, books, and YouTube channels of vegan content. Featuring a non-fiction book flowchart!

Art Page 14
Poetry and visual art submitted by our members.

Vegan Map of Dublin 15
An index for the map on the backcover featuring various restaurants and stores useful for anyone interested in a plant-based diet.

Lentil soup recipe, found on pg. 11

Wrap from It's a Trap, listed on pg. 15

Why are you vegan?

Vegan Soc committee members answer why they choose to be vegan.

"I'm vegan because I treat others as I'd like to be treated. As a feminist, I can't—in good conscience—endorse an industry that commodifies the reproductive systems of female animals and deprives them of bodily autonomy for profit. Dairy cows are mothers that have been separated from their children." - Imogen

"I do not think that non-vegan products taste better than vegan products, and I am happy to live a life without them. It is therefore illogical to contribute to a system of animal abuse and environmental destruction for no personal benefit." - Tiago

"I'm not vegan. I'm in the society because I want as many people as possible to know about veganism and the genuine good it can do for the environment. The meat industry contributes unsustainable amounts of greenhouse gases to the planet, and animal testing is causing unnecessary suffering. It's not as simple as cutting all non-vegan products out overnight, but you can start small and simple. I only use vegan hair and makeup products now. I eat vegan half of the week. It can be done. Slowly and surely. Any change is better than no change" - Astro

"I am vegan because I recognise that my personal desires are not a good reason to cause death. I would never want myself or another human being to be treated like the average meat or dairy animal, so why would I support putting anything or anyone in that position? Especially for something as trivial as taste. I would feel so incredibly selfish if I prioritised something 'tasting good' for a moment—benefitting only my wants and desires—over another being's life. Throughout history, white, Western societies have prioritised their wants over other peoples, nature, and animals, and I see the massive globalised meat industry as a manifestation of this mindset. The idea that it is perfectly fine to pollute, deforest, mismanage land, and cause immeasurable suffering to other beings just because we prefer the taste of animals over the many viable alternatives feels very selfish, which is not a viewpoint I can support. By choosing veganism, every day I choose not to prioritise cruelty and suffering for my own self-interested desires."
- Chloe

"Even if you ignore the increased greenhouse gas emissions, the increased water and land use, the inherent wastefulness of feeding animals with food we could eat ourselves, the plastic pollution of fishing nets, the destruction of marine ecosystems due to bottom trawling, the high rates of PTSD in slaughterhouse workers who are disproportionately from marginalised communities, the modern slavery in the fishing industries, the increased risk of zoonotic diseases, the higher chances of antibiotic resistance, the potential health benefits of a whole food plant-based diet, and even the lower grocery costs, at the end of the day I just think it's plain wrong to exploit animals when we don't have to.

Anyone who has experience with having pets or companion animals can attest to the fact that non-human animals are individuals with preferences and a capability to suffer. As long as I am not vegan I continue to contribute to a system which requires their suffering." - Helen

Are you vegan and sick of answering why? Here are a couple of quick responses:

"I have seen my food hygiene standards. I do not trust myself with raw meat."

"I get decision paralysis easily, and having only one or two options at most restaurants really helps."

"You know those guys who say they eat twice as much meat to cancel out a vegan? Yeah, I'm cancelling out one of those guys."

"I was bitten by a Vegan back in the summer of '87."

"Having someone else pre-digest your nutrients is kinda cringe, ngl."

"I'm being paid by big vegetable."

If you really want to end the conversation: *"Oh, you would not believe the fibre intake. I shit so good."*

Resources for Current and Future Vegans

Various links which can help you to live a life that helps out non-human animals, be it by educating yourself, learning how to cook without animal products, or by getting involved directly through activism.

Recipe Blogs

pickuplimes.com — "Fully plant-based and one of the best designed recipe websites I've ever seen. Aside from looking really pretty, their search function allows you to filter recipes by ingredients they have or don't have, cooking time, and type of meal. Several of their recipes have entered my regular rotation (see pg. 10) and it's become a favourite even for some of my non-vegan friends. They do have some recipes which are exclusive to paying members, but they have a large backlog of completely free ones." - Helen

thefirstmess.com — Another beautifully designed recipe website with plenty of search and filtering options. A big focus on whole foods.

noracooks.com — A large variety of recipes, including a lot of vegan comfort food.

schoolnightvegan.com — Similar to the above, with many different vegan meals, including comfort foods.

rainbowplantlife.com — Recipes generally focussed on being as flavourful as possible.

theeburgerdude.com — More than just burgers, but generally themed around making vegan fast food.

madeleineolivia.co.uk — Blog from a Cornish vegan woman, who has access to ingredients that are similar to those in Ireland.

minimalistbaker.com — This one is not fully plant-based, but has a large plant-based recipe collection with a focus on simple recipes that are quick to prepare. Specifically all of their recipes are either one-pot, take less than 30 minutes, or fewer than 10 ingredients.

Helpful Websites

acti-veg.com — A wonderful website hosting a large amount of vegan content, including extensive guides for how to go vegan, including things like budgeting and nutrition. Also hosts links to further educational resources, recipes, and an FAQ page. Genuinely worth a visit, especially if you're even just a bit interested in animal rights or veganism.

barnivore.com — Did you know that some alcoholic drinks are produced using things like fishbladder or egg white? Well Barnivore is here to clear up some confusion. It is a registry of different beers, wines, and liquors and whether or not they are vegan.

happycow.net — A website of restaurants, cafés, and other shops which are fully vegan, vegetarian, or just have good vegan options. Both useful for finding places close to where you live and invaluable when you're on vacation and need a spot to eat.

faunalytics.org — A database of research about animals and animal advocacy.

dominionmovement.com — An undercover documentary on animal agriculture. Even if you don't want to watch the movie itself, they have a transcript of it on the website so you can get the information without having to see the footage itself.

Getting Active

If you're looking to not just become vegan yourself, but help build a better world for non-human animals, here are some ideas for getting started!

Plant-Based Universities: A student movement to get campuses to switch to plant-based catering as a fight against the climate crisis, one which has already collected wins across Europe. There is currently no active campaign at Trinity, but it doesn't need to stay that way! Because it is an existing movement, there are many resources and people to help you out, including free to attend summer camps where they will teach you how to set up and run your own campaign. Check out *plantbaseduniversities.org* to find out more!

NARA: The national animal rights association is constantly running pressure campaigns for animal rights in Ireland, including recent ones against bloodsports, greyhound racing, and vivisection. You can find out more at *naracampaigns.org*.

Back Into Daylight: An animal sanctuary in Navan, home to dogs, cats, pigeons, chickens, goats, and ducks. Vegan Soc has organised trips there before, and they regularly do volunteer days and you can find a form on their website, *backintodaylight.com*, to register your interest so they can contact you when that happens.

What Art Can Do for Animals

Helena and El Pescador

by Imogen Millar

An artist, a vet, and a blender manufacturer testify in court about the deaths of two goldfish.

The artist in question, Marco Evaristti, arranged ten blenders, each containing a goldfish, at the Trapholt museum in Denmark. Each blender had a yellow button. When pressed, it would blend the goldfish swimming inside. There was nothing indicating to the viewer that the button should be pressed - only an intense anxiety filling the room. After an hour, someone cracked. Two fish were liquidised. Immediate outrage ensued. Animal rights groups were up in arms. The police stormed the Trapholt museum and demanded the blenders be unplugged. The gallery director, Peter Meyers, refused, stating that it would be a breach of artistic freedom. "It's a question of principle," he told the court, "an artist has the right to create works which defy our concept of what is right and what is wrong." This is Helena & El Pescador.

Helena may seem shocking, but using animals as art materials is far from new. Cavemen used the blood and fat of hunted animals to bind the pigments of their painting. Medieval painters would burnish gold leaf with the tooth of a dog or a wolf. Cennini promotes the use of "the teeth of dogs, lions, wolves, cats, leopards, and of all clean flesh-feeding animals" for this purpose in 'The Book of Art'. Insects, like this cochineal bug, have been used to make vibrant reds. From the hogs-hair brushes and quills to the egg tempera being applied, animal materials have permeated the history of art. Evaristti inverts this legacy with a live animal instead, whose mortality creates the tension of the artwork.

Three years after Helena, the question of using animals in art emerged again as the Guggenheim planned to stage Dogs That Cannot Touch Each Other - an installation by Sun Yuan and Pen Yu. Two American Pitt Bull Terriers run on non-motorised treadmills facing each other, exhausting themselves in the process. Despite these dogs being well cared for, the Guggenheim received significant backlash. When faced with repeated threats of violence, they dropped the installation from exhibition, weakly stating "freedom of expression has always been and will remain a paramount value of the Guggenheim."

But what place does "freedom of expression" have when your art materials are a goldfish or a dog? What happens when "artistic rights" meet "animal rights"? What happens when one individual's liberty is at the expense of another's?

Evaristti took the rounded walls of the clear goldfish bowl, a symbol of childlike innocence and captivity and exchanged them for the blender, specifically, the Moulinex Optiblend 2000. A dormant device that, unlike the bowl, is suffused with jeopardy, efficiency and above all, the possibility for transformation – of the art materials and the viewer.

This doesn't look like what we would call a work of art. In fact, 72% of people on a CNN poll said that it was not one. Evaristti did not hand sculpt the Moulinex Optiblend 2000, nor meticulously construct the goldfish. So, why could Helena be called a work of art? To answer that question, we have to go back to 1917 when Marcel Duchamp exhibited a urinal - what he described as a 'readymade' sculpture. Duchamp said Fountain is an "everyday object(s) raised to the dignity of a work of art by the artist's act of choice". By placing Helena in the Trapholt, Evaristti elevates it to a work of art.

For works of conceptual art, like Helena, physicality is secondary to the ideas it elicits in the viewer. There is no technical skill required when placing goldfish in blenders. We are not expected to marvel at the pleasing hourglass shape of the Moulinex Optiblend 2000 or the satisfying curve of its hemispherical handle. Helena is not an aesthetically pleasing work of art, and as a consequence we are likely to view it as 'bad' art.

But art can be ugly, Avant Garde, uncomfortable, and still incredibly powerful. In 1974 Marina Abramovic performed Rhythm 0. Over the course of six hours she invited the viewers to do whatever they wished to her, using the 72 objects she placed on a table.

These included a rose, a feather, and a glass of water, but also a scalpel, a razor, and a gun loaded with one bullet. By the end of the time, her clothes had been cut, one person had aimed the gun at her head and another person had wrestled it away. She began to walk towards the audience, who quickly disbanded in fear, appalled by what they had done when confronted with her humanity. In the same way, Evaristti confronts his audience with their potential to cause harm. Their responses are the works of art. Abramovic said "The performer and the audience create the work together, they depend on each other. Without the audience, there would be no work of art."

Evaristti relies on his audience to create Helena. It's a deliberately provocative work, designed to subject the viewer to a sort of internal torment - to blend or not to blend? - and the temptation to see what happens if they do. But, having taken the bait, it is the viewer who ultimately grants the artwork meaning. Fish swimming in dormant blenders is absurd. Someone blending goldfish in the comfort of their home is sick and twisted. The human reaction to seeing fish in blenders in a gallery, though - that, perhaps, is art.

Evaristti describes the three groups of people that would reveal themselves when met with Helena: the sadist, the voyeur and the moralist. The sadist would push the button and create "fishsoup" just because they could. The voyeur would eagerly watch whether the fish would live or die – and the moralist, well, the moralist is upset that there's the option to blend fish in the first place.

Who is the artist then? The person who put the fish in the blenders? Or the people who responded? Evaristti made it clear in an interview, "For the record - I have never liquefied a fish. I gave the possibility to do it." By engaging with Helena, the viewer is made complicit in the art. Their reaction, whether they choose to blend or not, is a performance that grants the artwork meaning. The human viewer, the goldfish and the blender, become united as art materials.

Helena is a collaborative project between artist and audience. We do not often think deeply about the power we hold over others, but when faced with it in the setting of an art gallery, it is unavoidable. "It asks the question," Evaristti said, "'Do you want to kill?' in order to show that we are masters at all times to decide between life and death,"

Art is powerful because it can change your mind. We kill roughly four billion fish every day, half of our human population. To them, we are masters to decide between their life or their death. Yet most of us make this decision passively; in a supermarket, a restaurant, or as part of a nice day out by the river. But in an art gallery the decision becomes active.

According to Evaristti "Helena is inspired by the Trojan War - the goldfish symbolising the beautiful Helena and the mixer being the killer machine of war." Helena reflects back at us what Rhythm 0 does: what we do not want to recognise in ourselves - our ability to destroy. The innocent goldfish, symbol of the natural world is torn apart by man's invention of the machine. Why? For no reason at all. We exert power simply because we can.

Does transforming a goldfish really transform the viewer? I have not chosen to talk to you about this work of art to persuade you that it is good or bad. I have chosen it because it shows us that the power of art lies in its interaction with the viewer. None of the artworks that have been presented today hold any more innate value than what you will remember them for tomorrow or for the rest of your life.

This speech was originally written for the History of Art public speaking prize 2025, where it won. It was judged by Caroline Campbell (the head of the National Gallery of Ireland).

Imogen presenting this speech at the History of Art public speaking prize.

On Empowerment and Hope in Veganism

by Helen Wurdinger

It's difficult nowadays to read newsfeeds without feeling like you're slowly marinating in despair. Be it rising housing costs, governments all over the world shifting further to the far right with seemingly every election, or politicians entirely ignoring our highway drive to ecological collapse. In many ways learning about animal agriculture does not do anything to placate these feelings, especially once the nauseating scale of the cruelty perpetuated and lives taken begins to sicker in. Every minute 140,000 chickens are killed. If we started slaughtering humans at the rate we kill land animals, a population the size of Ireland and the UK would be gone in just over 8 hours. We don't even know the exact extent of our impact on marine life, because they are only measured in tonnes, but it's almost certainly hundreds of millions per day [1].

It begins to feel like another system far more powerful than yourself, one which continues churning unbearably loudly once you refuse to let it remain the white noise of modern society; something no individual chose yet somehow implicates everyone. Except this issue has one crucial difference. You can opt out.

It's easy to be critical and point out that currently any personal veganism must be imperfect, as life-saving medication is, for now, reliant on animal testing, but such what-about-isms do not refute one of the core acknowledgements of veganism: that you have agency as an individual. You get to choose food you know does not necessitate someone's exploitation and death. It is an ethical statement you get to continuously make, the only barrier a lack of knowledge millions before you have been able to obtain and are now willing to share.

It can be exactly that feeling of personal effectiveness that can lead many vegans and animal rights activists to misanthropy and further despair. It can hurt to see others around you, including those you love most, continue to engage in these systems you have found inexcusably cruel, but able to reject. The results of animal abuse feel ever present and it can be difficult to imagine that the majority of people would ever choose to disengage as well.

Yet we have to continue to believe that a better—if not necessarily perfect—world is possible. While the majority of human cultures may have been using animal products for all their history, our current agricultural systems, and factory farming in particular, are only recent inventions. While this shift to industrial meat production may feel like an irreversible progression that cannot be undone, we have to remember that beyond being a cruel system, it is an inherently inefficient one.

Simply by the laws of thermodynamics, we will always lose energy when feeding food to animals to eat them instead of eating the food ourselves. Even measured by protein, the most efficient "conversion", eggs, still loses 75% of the plant proteins fed to the chickens. For beef the amount lost goes up to 96.2% [2]. It takes more land, more resources, and more money to maintain our current food system than a plant-based one [3].

The only reason animal products are as cheap as they are are government subsidies. And that is policy, which, if social pressure were to grow strong enough, can be overturned and changed. It does require dedicated activists to shift other people's views on veganism and build up a foundation of regulation which continues to make animal exploitation less and less feasible, but none of that can be done without the firm belief that we, as individuals, can change and others can too.

I am under no illusion that I will live to see a vegan world, but it does not mean that I cannot stand in my kitchen on a Monday night and feel like I can sample such a future.

[1] https://ourworldindata.org/how-many-animals-get-slaughtered-every-day
[2] https://ourworldindata.org/meat-production#protein-conversion-efficiency
[3] https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(25)00220-7/fulltext

A Guide to Egg-Free Baking

by Chloe Moore

Baking is maybe my favourite hobby; it's something I've been doing since I was a child. Now, after eight years of vegan baking, I have learned a thing or two about how to adapt a recipe to suit my plant-based needs. Most of it is very simple: plant milk for cow milk, dairy-free butter for dairy butter, and so on. Eggs, however, can be tricky. I've compiled a cheat sheet below of everything I know about vegan egg replacers. Most baked goods and desserts will work like a charm using a simple one-to-one replacement of one of the methods described below, but egg-heavy recipes may need a combination of egg replacers to fill all the roles of the egg in the recipe. This list is not exhaustive in the slightest. I have also heard of chickpea flour 'eggs', chia seed 'eggs', or yoghurt as an egg replacement, but I do not have personal experience with these ingredients.

Silken Tofu: *¼ cup of blended tofu (4 tbsp) for one egg.*

Good for recipes that don't use eggs as leavening agents, but rather for moisture (such as a recipe that calls for adequate amounts of baking powder and baking soda). Makes a good custard, but it cannot be used as a one-to-one replacement in a custard recipe, so it is best to choose a recipe that is written to be silken tofu-based.

Aquafaba: *3 tablespoons per egg.*

The liquid from inside a can of chickpeas. To use as a replacement for a full egg, whip for a minute or so before using, just to get it lightly and fairly uniformly foamy. Good as an egg replacement that adds a nice lightness, good in quickbreads, cakes, cookies, breads, etc. This is also a great egg white replacement (2 tbsp for egg whites, one for an egg yolk). Aquafaba can easily whip up to stiff peaks, which takes around 5 to 10 minutes with a stand or handheld electric mixer. For it to hold stiff peaks, an acid –such as cream of tartar or lemon juice – is needed as a stabiliser. This makes aquafaba useful in making meringues and marshmallows.

Mashed fruit: *¼ cup puree per egg.*

Good for quickbreads, can work for certain cakes and breads. It can be used for cookies, but it often leaves them far too soft. Needs a leavener.

Applesauce: I often use this, with other leaveners (see note below), as an egg replacer in cakes. Definitely adds some sweetness, but without a distinct fruit flavour.

Banana: My least favourite of all egg replacer options, I find that it brings far too much sweetness with a distinct banana flavour, but it's good for banana bread.

Pumpkin puree: I've made breads and quick breads with pumpkin puree, which definitely imparts a pumpkin flavour, but it works very well.

Flax Egg: *1 tbsp ground flax + 3 tbsp water, mix and let sit for a few minutes to thicken. Use hot water to make the thickening process happen more quickly.*

Flax egg is very versatile! It can be used in quickbreads, breads, cookies, cakes, and so much more. It might be my favourite egg replacer. It does leave little flecks of flax in whatever you're making. If you want to avoid this but want an egg replacement that works the same, I suggest using aquafaba.

Commercial Products

Bob's Red Mill: *Can be used for whole egg, egg yolk, and egg white, but does not foam.*

I'm not a big fan of this product, but it does definitely work. I find that, due to it being a mix of various starches and fibres, it has a habit of thickening rapidly and in a glue-like fashion that can often result in lots of small clumps of gummy gloop. Use quickly after mixing to avoid this.

JustEgg: *3 tablespoons per egg.*

Harder to find in Ireland. It is not my favourite because of the cost. If you do get your hands on some, it's great for an egg replacement in eclairs!

A Note On Leavening

Most of these egg replacers don't have much leavening agent in them, and thus will not create a rise in your baked goods. These replacers will work well as long as the recipe also includes baking powder. You might also see recipes that rely on a baking soda reaction to cause a rise, such as a faux buttermilk and baking soda combination.

Recipes

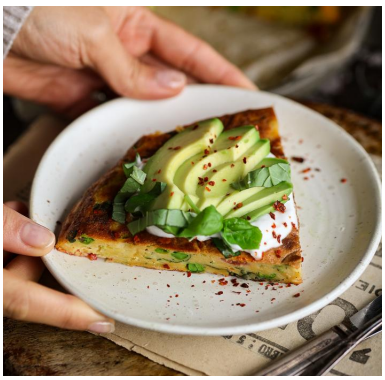
Notation:
For the sake of brevity, tablespoon has been abbreviated to T and teaspoon has been abbreviated to t.

Vegan Butter Chicken

"A vegan classic: butter chicken with no butter and no chicken. Enjoyed by my girlfriend and me :)" - Tiago

1. Preheat oven to 200°C. Drain *450g of firm tofu*, rinse it, and press it for 10 minutes by wrapping it with a tea towel and placing heavy books on it. Then unwrap and cut tofu into bite-sized cubes.
2. In a bowl, mix tofu, *2T neutral oil*, *2T corn starch*, *1t fine sea salt*, *½t garlic powder*, and *¼t pepper*. Toss to coat, separate on a baking tray, and bake for 20-25 minutes, until golden and crispy.
3. Meanwhile, add *1 diced yellow onion*, *3 minced garlic cloves*, *1T neutral oil* to a deep skillet. Bring to medium heat and cook until onions are translucent (about 10 minutes).
4. Add *2 cans (800ml) chopped tomatoes*, *1T tomato paste*, *1T grated ginger*, *1T garam masala*, *1t chili powder*, *1t curry powder*, *1t cumin*, *1t sea salt*. Add *1 can (400ml) coconut milk* and the baked tofu to the skillet. Finally, add *½t cayenne pepper* and *1T maple syrup*.
5. Serve with naan or rice. Sprinkle with fresh coriander.

Recipe and image from: www.twospoons.ca/vegan-butter-chicken



Chickpea Frittata

"My favourite almost infinitely customisable "enough-energy-to-cook-but-still-low-effort" meal. Done in like half an hour with enough down-time to have cleaned everything but the pan by the time it's done. You can get chickpea (sometimes labelled gram) flour in Asia Markets. For extra eggy flavour, use kala namak instead of regular salt. You can vary vegetables in the batter or the toppings." - Helen

1. Whisk *115g of chickpea flour*, *¾t salt*, *¼t baking powder*, and *180ml water* until smooth.
2. Add *1 finely chopped tomato*, *½ grated zucchini*, *70g frozen green peas*, and *5g chopped fresh basil*. Mix well.
3. Heat *1T olive oil* in a large pan over medium heat. Add the mixture once warm. Cook fully covered for 8-10 minutes or until golden on the bottom.
4. Flip the frittata, cook another 5-8 minutes, until golden, and cooked through.
5. Serve with *½ sliced avocado* and *130g unsweetened soy yoghurt*.

Recipe and image from: www.pickuplimes.com/recipe/simple-chickpea-frittata-1225

Esparregado

"This is a traditional side dish from Portuguese cuisine. It should take no more than 15 minutes. It is my favourite way of cooking spinach! Another advantage is that you don't have to be picky with ingredients: use garlic powder instead of normal garlic, use any plant milk, etc."
- Tiago

1. Cook *100g spinach* (fresh or defrosted) and *1 minced garlic clove* in *2t olive oil* until spinach is wilted.
2. Turn heat to low. Add *1t flour* and *¼t salt*. Mix to dry. Add *25ml plant milk*, mix to form a dough. Turn off heat.
3. Add *¼t black pepper* and *¼t vinegar of your choice*.

Adapted from: www.pingodoce.pt/receitas/esparregado/

Mejadra

"A pantry friendly meal, as it's really only rice, lentils, onions, garlic, oil, and spices. You can soak the rice and lentils to speed up cooking time." - Helen

1. Add *2 thinly sliced onions* to a pan with *1T of olive oil* on low heat to caramelise the onions while making the rest of the dish.
2. Add *1 chopped onion* and *4 minced garlic cloves* into a pot with *1T of olive oil*. Sauté for a few minutes, then add *½T cumin*, *½T coriander*, *½t tumeric*, and *½T cinnamon*.
3. Add a bit of water to deglaze, *1t salt*, and *black pepper* to taste.
4. Add *1 cup rice* and *1 cup brown lentils* and *3-4 cups of water*.
5. Cover with a lid and simmer until they're soft and the water has been absorbed.
6. Add salt to taste, then serve and top with caramelised onions.

Adapted from: youtu.be/Bhgsh0DKYtM

Vegan Sausage Rolls

"A sausage roll which I have been told 'would do numbers at a Spar'. A lot of pre-made puff pastry (e.g. the Lidl brand one) is accidentally vegan." - Helen

1. Preheat oven to 180°C.
2. Finely chop *½ onion*, *2 garlic cloves*, *125g mushrooms*. Sauté them in *1t oil* for 8 minutes until the water is evaporated.
3. In a bowl, mix the sauté, *1T ground flaxseeds*, *2T water*, *200g crumbled, firm tofu*, *40g oats*, *2T nutritional yeast* (optional), *2T chopped chives*, *1t black pepper*, *½T salt*, and optionally *1t chilli flakes*.
4. Place the mix on squares of *vegan puff pastry*, then fold over and press the edge down with a fork to make the sausage roll.
5. Bake for 20 minutes, then move to the bottom of the oven for 5-10 minutes to crisp up the bottom.

Adapted from: youtu.be/juS7224dG6s

Peanut Kale Stew

"A recipe courtesy of my mother. Works well with chickpeas, seitan, or smoked tofu, if you want to add some extra protein." - Helen

1. Finely chop *1 onion* and fry in *3T of oil* in a large skillet.
2. Chop and add *500g of kale*. Fry for a bit, then deglaze with *1l of veggie broth*.
3. Finely chop *1 garlic clove* and *1 chili*. Add to the kale along with *1T cumin*, *1T of mustard seeds or mustard* (or both), and *salt* and *pepper* to taste.
4. Let cook for a while, until the kale is fully softened.
5. Add *2T of crunchy peanut butter*. Use an immersion blender to puree the stew if you wish.

Red Lentil Soup

"I have made this for friends many times and it's always been a hit. When using red split lentils, you might not need an immersion blender, as they get quite mushy on their own."
- Helen

1. Cover the bottom of a large pot on medium heat with *olive oil*. Add *1 chopped onion* and *2 chopped carrots*.
2. Cook for around 5 minutes, until onions are translucent.
3. Add *4 minced garlic cloves*, *2t ground cumin*, *1t curry powder*, and *½t dried thyme*. Cook until fragrant, around 30 seconds.
4. Add *2 cans (800ml) chopped tomatoes* and cook for a few more minutes.
5. Add *1 cup split red lentils*, *4 cups veggie broth*, *2 cups water*, *1t salt*, *black pepper* to taste, and a pinch of *chili flakes*.
6. Cook until lentils are soft, then partially blend with an immersion blender.
7. Add *1 cup chopped spinach, kale, or collard greens*, and cook until wilted.
8. Take the pot off the heat and add *lemon juice* to taste, and add more salt and chili flakes if desired.

Adapted from: cookieandkate.com/best-lentil-soup-recipe/

Custard

1. Whisk together *600ml of plant milk* with *65g of cornstarch*.
2. Add this and *100g of sugar* to a pot.
3. Heat to medium, bring to a simmer, and let simmer for 5 minutes, whisking continuously until the custard has thickened.
4. Take off the heat and add 1t vanilla extract.

Recipe from: www.noracooks.com/vegan-custard/

Astro's Teatail Selection

"All these mocktails are best shaken for the best result. You don't need to go out and buy yourself a boston cocktail shaker. If you have a spare water bottle then that will work perfectly fine or an empty jar, which will be easier for iced mocktails. You can have any of these with or without ice too. " - Astro

French Martini Mocktail

40ml - Tea of your choice
20ml - Dunnes Stores Simply Better Irish Raspberry & Rhubarb Cordial
40ml - Pineapple juice

Madeleine Mocktail

30ml - Tea of your choice
30ml - Orange juice
60ml - Pineapple juice
½t - Almond Extract

The Grey Fox by Ander Erickson

30ml - Rich Earl Grey Syrup
30ml - Lemon juice
25ml - Aquafaba (chickpea water)
Top - Tonic Water

Shake everything together, then in the serving vessel, top with tonic water.

Rich Earl Grey Syrup

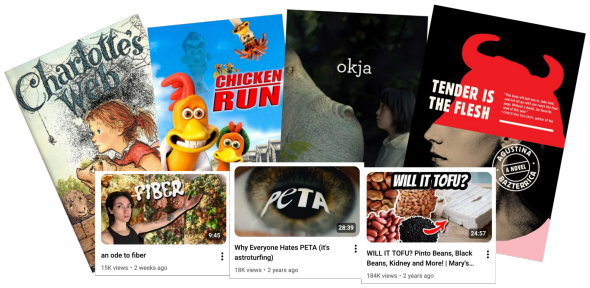
1. In *200ml hot water*, steep *4 bags of earl grey tea* or 8-12g loose leaf for 10-15 minutes.
2. Remove tea, add *400g sugar* of your choice.
3. On low heat, stir to dissolve the sugar. DO NOT let boil.
4. Once fully dissolved, allow to cool.

Other Resources

There are plenty of videos of mocktail recipes. Some particular channels I find useful:

- Anders Erickson
- Cocktail Time with Kevin Kos
- Educated Barfly

Vegan Media Recommendations



Fiction with Vegan Themes

Tender is the Flesh by Agustina Bazterrica (Book). "A speculative fiction horror novel about the cannibalistic lengths a meat-obsessed world would go to get its fix when animal products are no longer safe to consume. While not being an explicitly vegan book, its stark descriptions of mechanized slaughter evoke images of factory farming, and the absurdity of the masses' acceptance of the consumption of human meat confronts humanity's current relationship with the sentient creatures all around us. It should be noted that the book contains details of sexual violence, violence against animals, and extremely graphic body horror. Not for the squeamish." - Bryn

Charlotte's Web by E.B. White (Book). "Wilbur—a pig raised for slaughter—befriends a spider named Charlotte as they work together to try to save his life. I loved this book as a child; it definitely put me off eating animals!" - Imogen

Okja (2017) (Movie). A teenage girl's childhood buddy, a genetically modified "super pig" named Okja, is taken away from their idyllic home by a meat megacorporation. The movie follows her journey to the United States to rescue Okja from the meat industry's cruel grasp.

Chicken Run (2000) (Movie). A group of anthropomorphic chickens live a quiet, monotonous life on an egg farm where they will surely stay for the rest of their lives, when a new rooster appears on the scene and gives them all hope that they can learn to fly away. One day, a chicken-pie-making machine appears on the farm, and the need for the flock to escape becomes dire.

YouTube Channels

sincere on main. Frequently posts videos on general cooking techniques, including "beginners guide to tofu", "how to make a very good salad", or "a comprehensive guide to plant based protein", presented in a charming and wry manner. Also occasionally has videos like "making a plant based baja blast pie".

Mary's Test Kitchen. Experiments with plant-based cooking, focussed on keto recipes. One of her main series is "Will It Tofu?" where she applies the traditional tofu-making techniques to different legumes or seeds.

Seitanic Panic. Interesting and well-presented video essays about veganism.

Natalie Fulton. An animal rights activist who does videos on veganism's current place in the political landscape. This is sometimes framed through challenges such as trying to be vegan in a food desert.

Mic the Vegan. Does videos reviewing nutrition science and how to be healthy on a plant-based diet.

Earthling Ed. A mixture of personal opinion pieces, street discussions, talks, and episodes of his podcast.

Helen's Music Corner

I am a big fan of music where I can really dig into the text, especially ones which discuss political topics, including animal rights. Thus I have collected for you a small sample of the vegan bands I've come to love over the years.

Propagandhi. They're a Canadian anarchist punk band. They have been outspoken on animal rights since the 1990s. While their earlier stuff leans more towards skate punk, some of their later albums, especially Failed States and Supporting Caste are more hardcore.

Example Vegan Songs: "Human(e) Meat", "Nailing Descartes to the Wall", "Potemkin City Limits", "Purina Hall of Fame", "Lower Order (A Good Laugh)".

Cistem Failure. A folk and folk punk band. Their catalogue contains some great songs which discuss feminist, queer, and of course animal rights themes. Their second album, Resilience, also focuses on alienation within modern society.

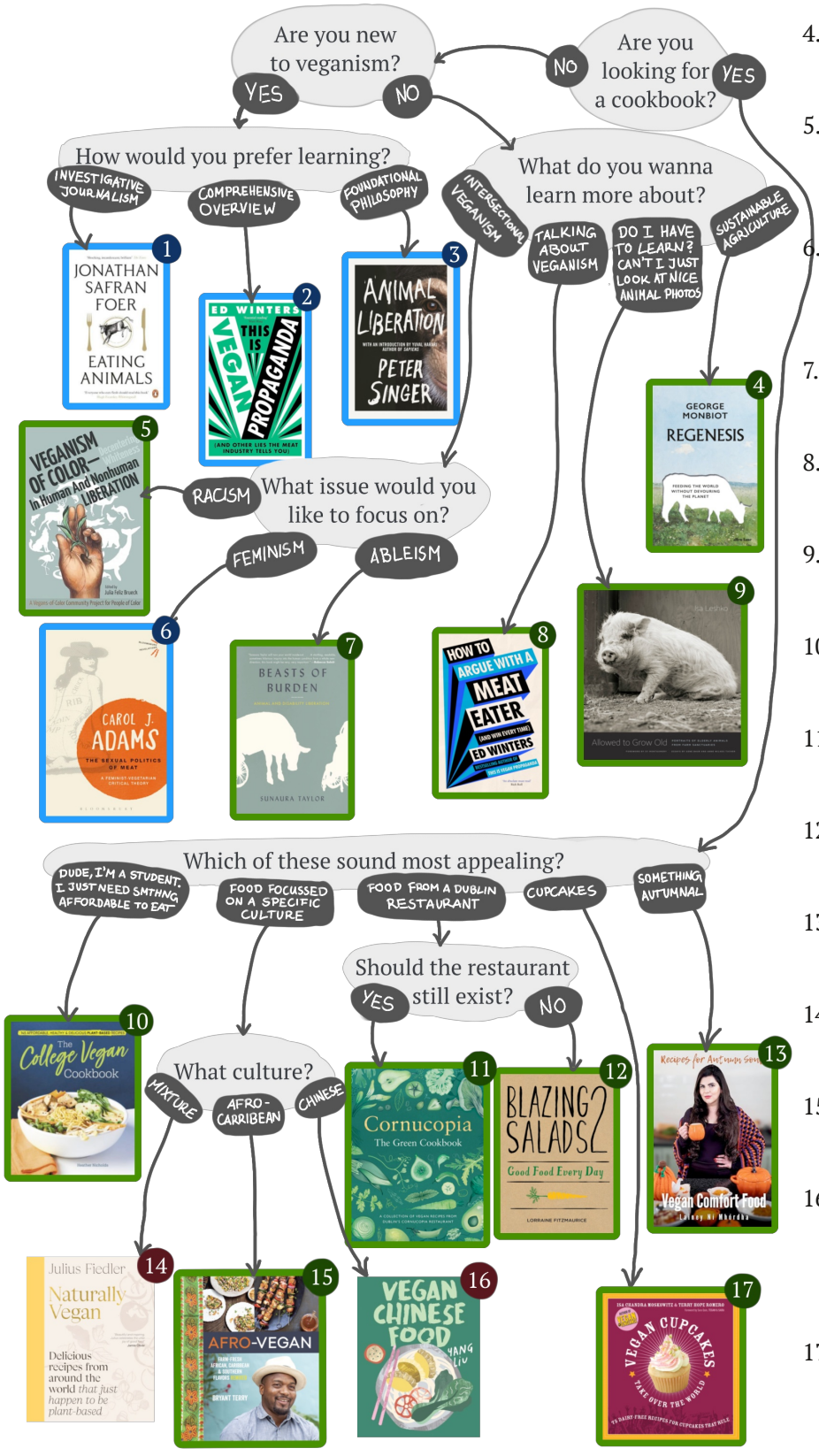
Example Vegan Songs: "Get Your Hands Off Of Them", "The Hunt", "Disconnected".

Hands Off Gretel. An English rock band. Inspired by riot grrrl, they also bring a feminist perspective to non-human animals in their song "Milk". It has a music video, though a content warning for blood is in order (no actual violence against animals though).

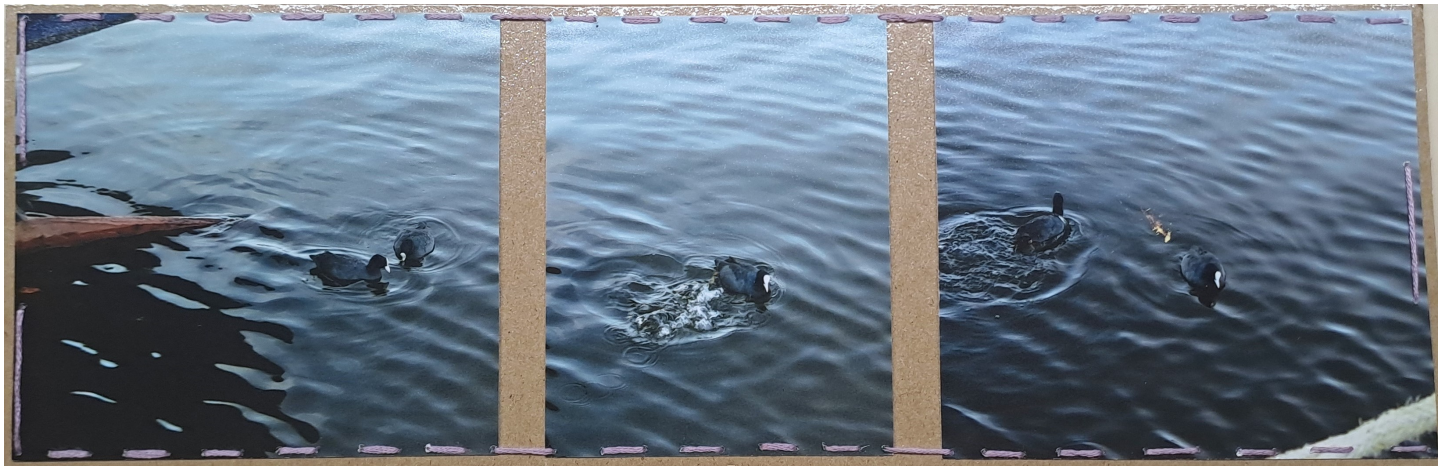
Example Vegan Song: "Milk".

Vegan Non-Fiction Book Flowchart

A flowchart of non-fiction book recommendations. Books highlighted with blue are available in the TCD library and those highlighted with green are available in the Vegan Soc library.



1. *Eating Animals* by Jonathan Safran Foer: A journalist's exploration trying to steel-man animal agriculture to figure out whether he's okay with teaching his son to eat animals.
2. *This Is Vegan Propaganda* by Ed Winters: An overview of veganism covering almost everything including ethics, welfare, environment, and nutrition.
3. *Animal Liberation* by Peter Singer: A foundational text in animal rights philosophy.
4. *Regenesis* by George Monbiot: A book on "feeding the world without devouring the planet".
5. *Veganism of Colour* edited by Julia Feliz Brueck: A collection of essays by vegans of colour on animal rights and intersections with their cultures.
6. *The Sexual Politics of Meat* by Carol J. Adams: A book taking a thorough look at feminism and meat-eating from historical connections to modern day impacts.
7. *Beasts of Burden* by Sunaura Taylor: A book discussing how animal and disability liberation can work together.
8. *How to Argue with a Meat Eater* by Ed Winters: A guide to talking to non-vegans.
9. *Allowed to Grow Old* by Isa Leshko: A photobook of elderly animals in farm animal sanctuaries.
10. *The College Vegan Cookbook* by Heather Nicolds: A cookbook of simple and affordable recipes for students.
11. *Cornucopia: The Green Cookbook*: All plant-based recipes from Cornucopia (see pg. 15 for more about them).
12. *Blazing Salads 2* by Lorraine Fitzmaurice: Recipes from food served at Flip and Blazing Salads (closed in 2024).
13. *Recipes for Autumn Souls: Vegan Comfort Food* by Lainey Ní Mhórdha. The title says it all.
14. *Naturally Vegan* by Julius Fiedler: Traditional recipes from around the world that happen to be plant-based.
15. *Afro-Vegan* by Bryant Terry: Veganised versions of traditional Afro-Caribbean recipes.
16. *Vegan Chinese Food* by Yang Liu: Just a nice cookbook highlighting existing Vegan Chinese recipes! It covers tofu, veggies, noodles, dumplings, rice and dessert.
17. *Vegan Cupcakes Take Over the World* by Isa Chandra Moskowitz and Terry Hope Romero. A vegan cupcake guide.



Joy in Amsterdam by Audrey Steinier. *Picture taken in 2023. Assembly in 2025.*

Art Page

Visual artwork and poetry submitted by Vegan Soc members.

There Are Dead Bodies Boiling in the Pot

by Anonymous

There are dead bodies boiling in the pot.
You speak over it so casually,
skimming past the ones who died,
as if it were banal to see
dead bodies boiling in the pot.

Muscle which once clad the breathing chest
of someone who could've lived and loved and played,
rather than be flayed from herself to become
a dead body boiling in the pot.

Is it just societal apathy
or internal cognitive tension
that you mention the result
yet fail to acknowledge
the dead bodies boiling in the pot.

I'm militant for saying this,
Being upset at this condition.
Perhaps because if I gave myself permission,
I'd never stop resenting those who chose
to boil dead bodies in the pot.

There are dead bodies boiling in the pot.
You act as if it's normal.
I wish it were not.

じゆう ***(jiyū)*** by Audrey Steinier.
2025. Using pictures taken by me, 20 mins away from my house.

Boltcutter and Chicken, by Helen Wurdinger
2026. Cotton yarn.
My first attempt at tapestry crochet. I am hoping to create further rectangles of other animals and symbols and sew them together eventually.

Map Legend

(Turn over for map)

A selection of places we on committee thought worth a shout out! Note this is by far not an exhaustive list of places with vegan options. You can always check the Happy Cow website for more!

Fully Vegan Restaurants and Cafés

1. The Saucy Cow. A fast food restaurant in Temple Bar.
   "Their burgers have won over every non-vegan I have taken there, including my 11-year-old sister who regularly tells me how much she wants to go back." - Imogen

2. It's a Trap. Completely vegan, but quiet about it. Serve a selection of wraps, toasties, and baked goods.
   "Their cinnamon roll selection is unrivalled, and their Korean BBQ wrap is definitely the best wrap I have ever eaten." - Imogen
3. Little Collins CBD. CBD store and café. Fully vegan and offer various drinks as well as a few baked goods including a sausage roll.

Vegetarian Restaurants

4. Umi Falafel. Vegetarian chain with several outlets across Dublin (and in a few other Irish cities). Middle-eastern inspired, most famous for their falafel.
5. Govinda's. Hare Krishna restaurant served in a canteen-style environment. Any dishes that contain dairy also have a vegan version and they load up the plates like nobodies business.
6. Cornucopia. A Dublin classic open and fully vegetarian since 1986. Their food is entirely plant-based* with a focus on whole foods, and while some of their dishes can be a bit more expensive, they do also have some affordable lunch options.
7. Glas. A fine-dining restaurant. Obviously not cheap, but if you're looking for a fancy place to go to celebrate your anniversary or other special occasion, this is a great choice. You can save some money though by booking during their Early Bird Service or for lunch.
8. The Happy Pear. Restaurant in Greystones with a fully plant-based menu*. Definitely worth a visit if you're down in Greystones.

*both Cornucopia and The Happy Pear serve dairy milk for their drinks, which is why they are not listed under the fully vegan section.

Other Places with Good Vegan Options

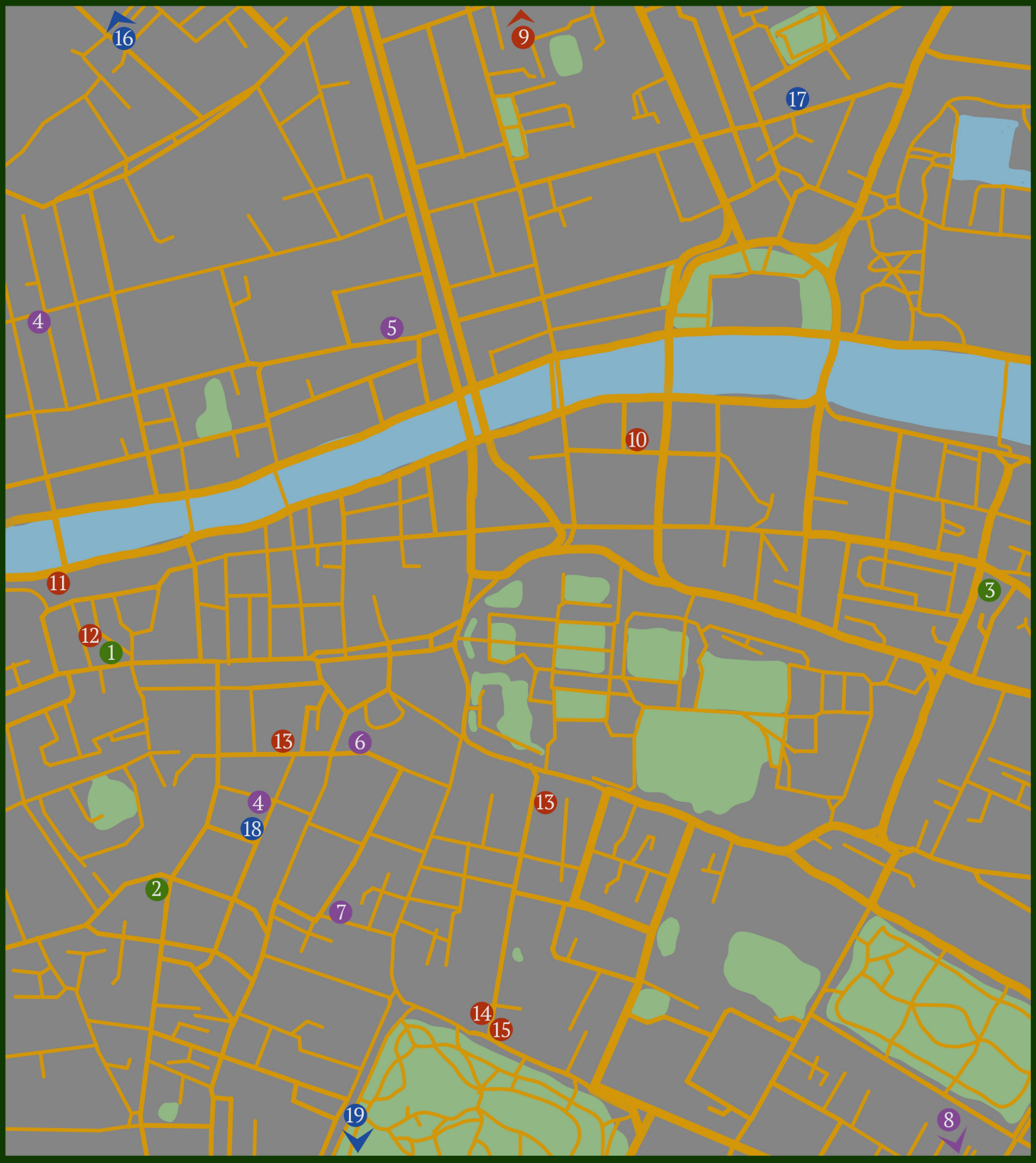
9. Shouk. A Middle Eastern restaurant in Drumcondra with many vegan options, including a mezze platter which can be made vegan.
10. Gursha. A restaurant serving traditional Ethiopian food, including several vegan options. The way their meals are structured allows you to try to several options at once.
11. DiFontaine's. New York style pizza slices, including ones with vegan cheese. Frequently visited on our food crawls.
12. Stoned. Takeaway with vegan options including toasties, burgers, and cauliflower wings.
13. Sprout. Salad and bowl meals very close to campus and thus a popular lunch option for students. Several pre-made vegan options, as well as the option to customise your own bowl.

14. Beanhive Coffee. A café where all the wraps and ciabattas can be ordered vegan with tofu.
15. Tang. Middle Eastern breakfast and lunch restaurant.
    "[I would recommend] their Lebanese bean flat breads. They are getting me through my days. Crunchy and tangy :3 Also so close to Trinity too at the top of Dawson street." - Astro

Useful Stores

16. NOMS. A fully vegan health food store in Phibsborough.
    "It's a bit far from the centre, but this store is fully plant based, and it probably has that vegan ingredient/snack you can't find anywhere else! They also have a website with their catalogue. It's where I found egg replacer." - Tiago
17. Eurasia Supermarket. As the name implies, a Eurasian supermarket. Great for bulk buying legumes at cheap prices. Also sells soya chunks and chickpea flour.
18. Asia Market. Another good stop for buying large bags of legumes, chickpea flour, or soya chunks. Also sells tofu at reasonable prices and canned vegan duck.
19. The Good Neighbour. A refill store in the Rathmines. Beyond stocking pantry staples like dry beans, grains, and spices, they also have a large selection of vegan treats. You can bring your own containers, or use compostable brown bags they provide.
    "They have some of the best prices on nutritional yeast and vital wheat gluten I've been able to find. Aside from the sustainability angle, I have found the refill model very useful for buying small amounts of ingredients if I am planning on only using them for one recipe. Where else could I buy 9g of onion powder?" - Helen

Vegan Map of Dublin



Map Legend Inside